

Melville SHS Canteen Menu

Feb 2017

Recess		
Specials		
Monday: Cheesies		\$1.00
Tuesday: Corn Jacks (4)		\$2.00
Wednesday: Chicken Nuggets		\$2.00
Thursday: Mini vegetable spring roll (4)		\$2.00
Friday Pizza: Chicken&Cheese, , Ham & Cheese		\$3.00
Friday Pizza: Supreme, Vegetarian		\$3.00
Recess Items		
UP n Go Breakfast Drink - chocolate or vanilla		\$2.50
Light Fruit Yoghurt		\$2.50
Toasted Ham & Cheese Sandwich		\$2.00
Toasted Chicken & Cheese Sandwich		\$3.50
Toasted Cheese & Tomato Sandwich		\$1.50
Banana Bread		\$2.00
Piece of Fruit		\$1.00
Half Chicken Strip Wrap with Lettuce & Mayo		\$3.50
Muffin chocolate, orange poppy seed, blueberry or banana		\$2.00
Steamed Dim Sims (x2)		\$1.50
Sandwiches, Wraps & Rolls (see lunch)		
Sushi - Hand Roll		\$5.00
Snacks		
Smiths Potato Chips Salt & vinegar, BBQ, Original		\$1.50
Corntoes BBQ or Cheese		\$1.00
Grainwaves (Small)		\$1.50
Fruit Salad		\$3.00

Drinks		
300ml Flavoured Milk		\$3.00
600ml Flavoured Milk		\$4.00
Up & Go		\$2.50
Bottled Water		\$2.00
Juicee Crush		\$2.00
Iced Tea		\$3.50

To volunteer in the Canteen contact Canteen Manager: Dierdre Moore
 Phone: 9330 2831 dierdre.moore@education.wa.edu.au
 Please order your lunch to avoid disappointment:
 ONLINE before 9am @ www.flexischools.com.au (25c fee)
 IN PERSON - Canteen open at 8:15 for pre-orders
 EFTPOS Available (under \$5 = 20c fee)

Traffic Light: **Green** encouraged, **Amber**: select carefully and eat in moderation

Lunch		
Specials		
Monday Pasta Bolognese		\$4.00
Wednesday Sausage Sizzle		\$4.00
Wednesday Potato Bake		\$3.00
Thursday Pie: Beef & Cheese Cruiser, Angus Pepper, Potato		\$4.00
Thursday Sausage Roll or Spinach & Ricotta Roll		\$2.50
Friday Hotdogs (with tomato sauce and/or mustard)		\$4.00
Sandwiches, Wraps & Rolls		
Cheese Salad		\$4.10
Chicken		\$3.60
Chicken & Salad		\$4.60
Egg & Lettuce		\$3.60
Egg & Salad		\$4.10
Ham & Salad		\$4.60
Make your own from the fresh options available (online only)		\$2.50+
Salad		\$3.60
Tuna & Salad		\$4.60
Sushi - Hand Roll		\$5.00
Salads		
Salad bowls with vinaigrette and a piece of bread		\$4.50
Hot Food		
Ham & Cheese Focaccia (Half)		\$2.50
Ham & Cheese Focaccia (Whole)		\$4.00
Chicken & Cheese Focaccia (Half)		\$3.50
Chicken & Cheese Focaccia (Whole)		\$6.00
Hot Chicken Roll		\$3.00
Chicken and Salad Burger		\$5.00
Cup of Chicken Noodles		\$2.50
Hamburger with Salad		\$4.00
Yumbo - Ham & Cheese Roll heated up		\$2.00
Tomato Sauce		\$0.20
Snacks		
Smiths Potato Chips Salt & vinegar, BBQ, Original		\$1.50
Corntoes BBQ or Cheese		\$1.00
Grainwaves (Small)		\$1.50
Fruit Salad		\$3.00
Tomato Sauce		\$0.20
Ice Creams		
Calippo		\$1.00
Zing Snap		\$1.00
Giant Sandwich		\$3.00

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